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Exam 1: NUR256/ NUR 256 (New 2023/ 2024 Update) Concepts of Mental Health Nursing Exam Review| Complete Guide with Questions and Verified Answers| 100% Correct- Galen

QUESTION
_Peplau's Model of the Nurse-Patient Relationship

Answer:
The nurse-patient relationship "facilitates forward movement"
4 phases:
• Preorientation Phase
• Orientation Phase
• Working Phase
• Termination Phase

QUESTION
_The communication process

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Answer:
Stimulus - someone has a need to communicate
Sender - the person sending the message
Message - information send or expressed
Channel - auditory, visual, tactile, olfactory or a combination
Receiver - person receiving the message
Feedback - validates the accuracy of the sender's message and is EXTREMELY IMPORTANT

QUESTION
_Nonverbal communication

Answer:
Tone, Facial expression, Body language

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QUESTION
THERAPEUTIC COMMUNICATION TECHNIQUES

Answer:
Using silence, Active listening, Clarifying techniques: paraphrasing, restating, reflecting, exploring

QUESTION
NONTHERAPEUTIC COMMUNICATION TECHNIQUES

Answer:
Excessive questioning
Giving approval or disapproval
Giving advice
Asking "why" questions

QUESTION
Cultural considerations

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Answer:
Communication Style
Use of Eye Contact
Perception of Touch
Cultural Filters

QUESTION
Process recording

Answer:
-Written record of a segment of the nurse-patient session that reflects as closely as possible the verbal and nonverbal behaviors of both patient and nurse
-Useful tool for identifying communication patterns

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QUESTION
FREUD

Answer:
Believed majority of mental issues were the result of from issues unresolved in childhood

QUESTION
FREUD Personality Structure

Answer:
• Id - unconscious and impulsive (Screaming infant)
• Ego - problem solver and reality tester
• Superego

QUESTION
FREUD defense mechanisms

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Answer:
• Unconscious (except suppression)
• Deny, falsify or distort reality
• Defense mechanisms can help or maladaptive

QUESTION
Interpersonal Therapy

Answer:
• Short term therapy
• Goal is to reduce/eliminate sx by improving interpersonal function
• Develop satisfaction through social relationships

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